

SODIUM

Meaning: Sodium is a chemical element and essential mineral that is important for maintaining fluid balance and proper physiological functions in the body.

1. Sodium is an essential mineral that plays a crucial role in maintaining fluid balance in the body.
2. Many processed foods contain high levels of sodium, which can contribute to health issues if consumed in excess.
3. The human body needs sodium to help transmit nerve impulses and support muscle function.
4. Sodium chloride, commonly known as table salt, is one of the most widely used forms of sodium.
5. Excessive sodium intake is linked to increased blood pressure and a higher risk of heart disease.

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